Mini-Guide

Using RowPro to train for competition

Using pace boats and past rows

Virtual competition

Pace boats and past rows are great for getting a sense of progress, or just for company while you row. Either way, they can be a good source of motivation, and are widely used. You can use them to push you to performing better, or just to make sure you row at your target pace.

RowPro covers all the bases by providing all forms of virtual boats, and you can mix and match up to three of them alongside you in each row.

Pace boats

People use pace boats in different ways - to drive up performance, to zone out mentally and just stay with the pace boat, or to bring a tactical race plan to life.

RowPro has wide range of pace boats that can either go at a steady pace or change their pace and stroke rate up to 20 times while you row. And because RowPro has a 3D display, you can also choose the stroke rate the pace boat oarsman will use. That gives you a lot of options.

Past rows

People love rowing with their own past rows. In many ways there's no finer pace boat than your own past rows. There's a strong sense of progress when you beat your own past performances, and that translates into great motivation.

RowPro makes this easy by enabling you to choose past rows from your rowing log and use them to power boats stroke-by-stroke. That pin-point accuracy is what makes it so effective.

Rowfiles

The Rowfile Library is a free collection of tens of thousands of stroke-by-stroke recordings from Indoor Rowing Championships like CRASH-B and the BIRC.

You can download these Rowfiles, or any of the huge number of Rowfiles uploaded by RowPro users to the Concept2 Online Ranking, import them into your RowPro competitor log, and row with them in other lanes alongside you.

Step-by-step guide

Setting up and rowing with pace boats

1. Click the arrow next to Control Center on the main menu and select Pace Boat Studio.
2. Click New, then choose Basic, Intermediate or Advanced.
3. Select the Time or Distance for the pace boat from the Duration drop-down list. Note that pace boats can only be created for the standard Set Piece durations in Session Setup.
4. Click Color Studio at the bottom of the Pace Boat Studio to set the boat and rower colors.
5. Use the controls in the Pace Boat Studio to set pace and SPM for the pace boat, then save it.
6. Close the Pace Boat Studio, open Session Setup, and select the Set Piece you want to row.
7. In Session Setup | Lanes, click the button for the lane where you want the pace boat.
8. Click the Pace Boat button, choose the pace boat you want, and click Select.
9. Row the Set Piece. The pace boat will appear in the main row after your warm-up.

Rowing with your own past rows

1. Make sure you have Saved Strokes for a row that matches one of the Set Piece rows.
2. Session Setup | Set Piece, select the Set Piece that matches the past row you want to use.
3. In Session Setup | Lanes, click the button for the lane where you want the past row.
4. Click the Past Row button, choose the one you want and click Select. Note that only past rows with saved strokes matching the Set Piece you selected in Session Setup will be listed.
5. Row the Set Piece. The past row boat will appear in the main row after your warm-up.

Downloading and rowing with Rowfiles

1. Go to the Rowfile library at www.digitalrowing.com/rowfiles and find a Rowfile you want.
2. Download the Rowfile into your RowPro PC.
3. In RowPro go to Control Center | Rowing Log.
4. Click Import and navigate to the saved Rowfile you want to import.
5. Import the Rowfile, which will be saved to your Competitor log.
6. Close Control Center, open Session Setup, and select the Set Piece you want to row.
7. In Session Setup | Lanes, click the button for the lane where you want the Rowfile.
8. Click the Competitor button, choose the one you want and click Select. Note that only rows with Saved Strokes matching the Set Piece you selected in Session Setup will be listed.
9. Row the Set Piece. The Rowfile boat will appear in the main row after your warm-up.

Links for more information

Questions? Comments? Contact us at assist@digitalrowing.com.